

OPEN GYM SCHEDULE

Schedule is subject to change. Please call ahead for the most current schedule.

Members are welcome to use the gym if it is empty during non-listed hours.
If weather forces programs indoors, programs will have priority.

Monday

5:30-7:15 AM – Open

6:00-9:30 PM – Open

July 3-Aug 14–Closed 12:30-1PM

Tuesday

5:30-7:15 AM – Open

6:00-9:30 PM – Open

Wednesday

5:30-7:15 AM – Open

6:00-9:30 PM – Open

July 19-Aug 16-Closed 12:30-1 PM

Thursday

5:30-7:15 AM – Open

6:00-9:30 PM – Open

July 13 & 20-Closed 12:30-1 PM

Friday

6-7:30 AM-Closed Full Ct Adult BBall

5:30-6:30 PM - Open

Saturday

8:00-9:00 AM - Open

12:15-5:00 PM - Open

July 8 & 15-Closed 10:30-11:30 AM

Sunday

8:00-10:00 AM – Adult Gym

10 AM-2 PM –½ Adult/Family Gym

2-7 PM– Open Gym

July 30-Closed 11:30 AM-1 PM

17.5 laps in Gym = 1 Mile

Effective until 7/31/17